

Indiana Nutrition Newsletter; Keeping Schools 'IN' The Know

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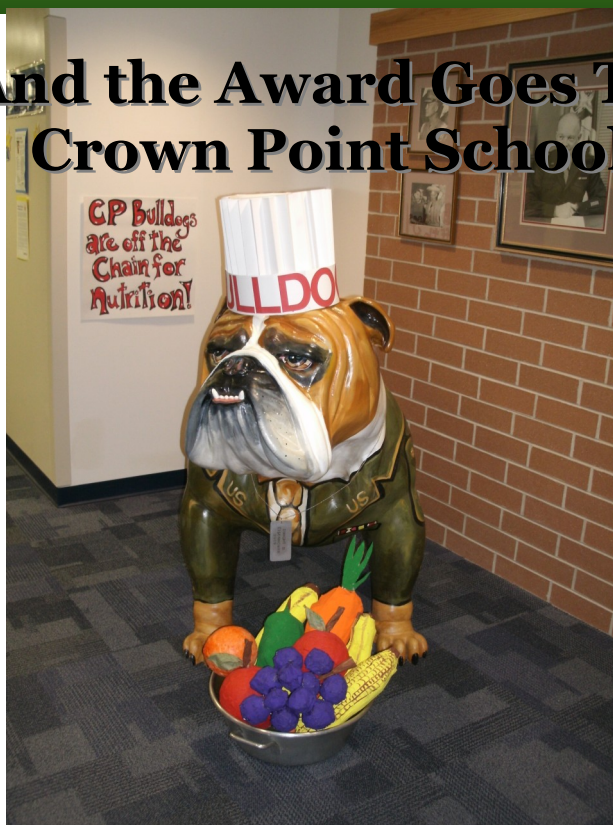
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If you know of a nutrition-related or Food Service success story, please click [here](#).

And the Award Goes To.... Crown Point Schools!



One could not tell the weather was grey and dreary outside when walking into Eisenhower Elementary School in the Crown Point Community School Corporation. Color was bursting from every corner. A larger-than-life bulldog sculpture with an equally giant chef's hat and bowl of papier-mâché fruits and vegetables guarded the decorated Cafeteria and Gymnasium.

Inside the gym, student-created placemats adorned the walls. The Cafeteria displayed posters about food pyramids, descriptive menus, and even being "Boss of Lunch." Tables were lined with white table cloths and blue folded napkins with flower and balloon arrangements were used as center pieces.

Adding more color and festivity to the school were fruit and veggie mascots, Buttermilk the Indiana Dairy and Nutrition Council mascot, the Crown Point High School Pep Band, and the school's choir.

During the assembly, students presented their winning essays on the importance of eating healthy and getting enough physical activity while other students displayed their winning placemat art.

The Crown Point Community School Corporation had a good reason to celebrate. Nine schools in the district earned a Silver award in the HealthierUS School Challenge (HUSSC). These nine schools were the first in Indiana to earn this award with the new regulations.

The HUSSC has strict guidelines to follow in both nutrition and fitness. Menu planning is rigid, making sure to offer dark green or orange vegetables on 3 or more days per week, a different fruit and vegetable every day of the week, dry beans or peas at least once a week, whole grain

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foods at least 3 days per week, and serving a la carte items with limitations on calories, fat, sugar, trans and saturated fats, and sodium. Nutritious meals are not the only requirement in this challenge. Physical activity and health education must also be offered to the students.

The HUSSC is a key component of First Lady Michelle Obama's Let's Move! Initiative to fight childhood obesity. Not only does this reach the students, but their families and the community are encouraged to participate as well.

Parents and various members of the community were invited to attend the awards presentation. Crown Point Community School's Superintendent, Dr. Teresa A. Eineman; the Crown Point's Mayor's Aide; USDA Regional Director, Julie



Pictured above- Julie Sutton, Pam Maloney, and Julie Mikkelsen

Mikkelsen; and Indiana Department of Education officials, including School and Community Nutrition Director, Julie Sutton, all came to recognize the great work of the schools.

The Food Service Director for Crown Point Community Schools, Pam Maloney, and the Food Service Coordinator, Gladys Rediger, were presented with a plaque

declaring their Silver Award achievement. Food Service Managers at each of the nine schools also received a plaque alongside their school's principals. In addition to plaques, winning schools received a banner from USDA and a monetary award.

Following the assembly was a delicious lunch served to the students, visiting parents, and community members. Chef Dave Marrs, Executive Chef at Youche Country Club, and Seattle Sutton developed entrees that fit with HUSSC's guidelines.

All of the hard work and attention to details by Pam Maloney and her food service staff made the event a true success. It was apparent that this type of commitment helped them earn the Silver Award from the HealthierUS School Challenge.

Going Green in Michigan City



Going green can start with small steps, and the Food Service Department at Michigan City Area Schools did just that by forming a partnership with a local pig farmer.

The high school saves daily kitchen food waste in containers for the farmer to come and pick up at the end of the day. The food waste is used as feed for the pigs.

The farmer also operates a horse rescue operation and takes any outdated bread products for horse feed.

The results? Kitchen trash has been reduced by 50%, totaling 125 dumpsters per year!



Breakfast in Franklin Township's Classroom

No one can disagree with the argument that breakfast is the most important meal of the day, but how do Food Service Departments convince school administrators that Breakfast in the Classroom is a win-win situation for all?

In Franklin Township where both breakfast and lunch prices increased considerably from school year 2009-10, they saw a decrease in breakfast and lunch participation. In addition, there was a substantial increase in the indirect cost payments that the Food Service Department was expected to pay back to the school corporation. The Food Service Department felt the pressure to look for ways to generate additional revenue without detrimental consequences to the students. The pitch to the administrators was that in order to secure indirect cost payments the Food Ser-

vice Department needed to increase revenue. What better way to do this than to offer our students a convenient way to get a nutritious breakfast? Whether students come from a families with a tight budget, are too busy to eat, or simply do not have an appetite first thing in the morning, breakfast in the classroom could be the solution to their hunger and a tool to increase revenue.

A well-planned program can be realized with a partnership between food service and building administrators. Food service must be open and receptive to working through any issues that come up in order to minimize disruption. Things to consider include bus schedules, limited time, and class distance from the cafeteria. A well-planned breakfast program is necessary in

order to gain the support of both principals and teachers.

In Franklin Township, the students still report to the cafeteria in order to collect their food. Clear plastic bags are used to increase speed at the point of sale so cashiers do not have to look inside each paper bag to see what the students have chosen. Water bottles and paper towels are given to each classroom for cleanup. Students eat while the teacher is taking attendance, making announcements, and collecting assignments.

At Wanamaker Elementary, where Uni-



versal Free Breakfast is offered, the meals are prepared and then taken directly to the classroom by staff and student volunteers.

It is important to create an environment of compromise when it comes to menu choices. It may be necessary to not only discuss WHAT is served for breakfast but also WHERE. Breakfast lines were opened in different areas of schools in an effort to address schedule concerns and increase access to students. This took minimal effort, increased sales, and was a well-received gesture by building administrators.

The payoff to implementing breakfast in the classroom is an increase in participation. Reimbursable breakfast purchases have increased by 46,095 which is a 31% increase!

The payoff is not only measured in the increase of reimbursement monies, but also in the number of students that have

been positively affected by this change. Studies show that eating breakfast improves academic performance, health, and behavior, but Franklin Township does not need research to convince them. Franklin Township Principals have reported a decrease in disciplinary issues since the inception of breakfast in the classroom.

Breakfast in the classroom in Franklin Township has proven to be a win-win situation for the Food Service Department, administrators, and most importantly, the students.



Director's Corner

We are very happy to announce that we have added new staff to the school programs area. Tina Herzog is working with technology and Food Distribution, Sharmela Snell will be working in the field and in the office in the monitoring section and Allie Caito will be in the nutrition section and will be taking the school program calls. Tina is featured in this issue, look for more information about Sharmela and Allie in upcoming issues of our newsletter.

Congratulations to Crown Point on their silver level Healthier U.S. School Challenge awards for all of their elementary and middle schools. We were very pleased to be a part of their celebration event and very impressed with their program. The lunch was great, and not even the rainy day could keep the kids from being very excited about the celebration.

Please visit our website for our updated Income Guidelines, Free and Reduced Price Meal Applications and all of the accompanying forms that you need for next school year. We will continue to post information about the changes USDA is implementing from Reauthorization as soon as we get the information. We are here to help you implement Reauthorization do not hesitate to call us with questions and let us know what we can do to support you as you work toward the new requirements.

Have a great summer.

Julie Sutton, Director School & Community Nutrition

Meet Our Staff



Tina Herzog, School Nutrition Specialist, joined the School and Community team in April 2011. With a Bachelors Degree in Business and an employment background in schools and government, Tina found her niche in the Child Nutrition Programs in Arizona as the Food Distribution Program Director.

As a Michigan native, Tina and her husband relocated to Arizona for 6 years, but then discovered they missed the beauty (and rain, believe it or not) of the Midwest. Still wanting to try something new, they decided to relocate to Indianapolis. First employed at the Indiana Department of Health, Tina was thrilled to see an opening in the School and Community Nutrition Department at the Indiana Department of Education and applied, hoping to rejoin the program she loves.

Tina and her husband now live in the Butler University area and spend their time tending to their 3 dogs, 1 cat, and their "new" old house. They love the outdoors, camping and hiking, and look forward to taking advantage of their first full summer here exploring Indiana. For suggestions on places for newbies to visit or to just say hi, feel free to email Tina at cherzog@doe.in.gov.

Tips for Starting a Farm to School Program

1. Start organizing by bringing folks together for a meeting, or start smaller with an inspirational activity, such as arranging a farm tour or a fruit tree planting on campus to generate interest.
2. Research existing programs in your area. Contact allied community groups for information.
3. Contact local farms, farmers' market managers, farm bureaus, and any other agencies working with farmers in your area. Establish a seasonal availability list, if it is not available through these sources.
4. Review existing menus and infrastructure in schools to facilitate inclusion of fresh, local produce in menus.
5. Facilitate dialogue with farmers to share your school's needs and to understand their needs better. A good relationship with farmers is important for the long-term stability and sustainability of the project.
6. Convene a Farm to School organizing meeting with all the stakeholders involved to assess the feasibility of the program in your area.
7. Identify possible funding sources as you gather information.
8. Market the program to parents, teachers, students and community members.
9. Find volunteers to assist in implementing the program – this may involve setting up a school garden, waste recycling, or composting program; transporting kids to a local farm; conducting a cooking demonstration or nutrition education class; creating brochures and marketing materials; making presentations to the school board; helping in the cafeteria; writing an article for the local paper; etc.



If your school already participates in Farm to School programs or activities, we would like to hear about it. Send information and photos to Heather Stinson at hstinson@doe.in.gov.

Try This!

Northwest Allen County Schools' Tropical Fruit Delight

Food Service Director Leeanne Koeneman said, "We recently developed a new recipe called Tropical Fruit Delight. This was to devise a way to serve fresh grapes so that the students would be less apt to throw them at each other, but it ended up with a very popular and tasty fruit dish that is enjoyed by all."

Ingredients:

3 lbs. 4 oz. Tropical Fruit Salad in Light Syrup
8 oz. Light Cream Cheese
1 Tbsp. Lemon Juice
12 oz. Whipped Topping
1 lb. 8 oz. Fresh Grapes

1. Drain Tropical Fruit Salad, reserving 4 c. of juice per 100 servings.
2. In a mixer, combine cream cheese, lemon juice, and reserved juice drained from Tropical Fruit. Mix well. Gently fold in whipped topping.
3. Clean grapes and add to tropical fruit. Fold fruit into cream mixture. Portion into 4 oz. soufflé cups and serve chilled.

Elkhart Community School's Apple Crisp

Pam Melcher, Food Service Director of Elkhart Community Schools, passed along this recipe. A favorite of the children in West Side Middle School.

Ingredients:

1 Case USDA Frozen Apples
3 tsp. Cinnamon
1 1/2 tsp. Nutmeg
3 c. Apple Juice
3 c. Sugar
3/4 c. Corn Starch
8 Tbsp. Margarine

Crisp Topping:

6 c. Flour
7 c. Oats
4 c. Brown Sugar
3 Tbsp. Cinnamon
3 Tbsp. Nutmeg
4 c. Margarine

1. Divide Apples into two 22"x 15"x 2" cake pans. Sprinkle with cinnamon and nutmeg.
2. In a microwave safe bowl, combine apple juice, sugar, and cornstarch. Heat on high for 10 minutes. Stir, heat 5 more minutes. Stir in 8 Tbsp. of margarine. Pour over apples and mix together.
3. For the crisp topping, mix together flour, oats, brown sugar, cinnamon, and nutmeg. Cut in margarine until crumbly. Sprinkle on top of apple mixture.
4. Bake at 350 degree oven for 45-60 minutes.

To send your own unique, seasonal, or special diet recipe, click [here](#)

Food Distribution Notes

For more information, contact John Moreland at jmorelan@doe.in.gov



Now that the last Food Distribution allocation of the year has been posted, we want to remind schools of the importance of making sure the needed arrangements to properly manage remaining commodity inventories have been made. Remaining commodity inventories may include the amount of cases residing at the State contracted warehouse but still not delivered and any balance of raw pounds of commodities residing at a processor.

Those Recipient Agencies who currently have cases of commodities still residing at the State contracted warehouse

should make arrangements to schedule commodity deliveries prior to July. There are still multiple delivery periods available through May and June to receive commodities. Any cases of commodities left in inventory at the warehouse over the summer months may be subject to excess storage fee charges.

Those Recipient Agencies, who currently have raw pounds of commodities still residing at a processor, should make the necessary arrangements to ensure any remaining raw commodity balances are used by the end of the school year.

Depending on which companies the school is using to process raw commodities, raw pound usage can be tracked by selecting one of the following website links. Large pound amounts of raw commodities left in a processor's inventory over the summer months may be subject to a downward adjustment.

[K12 FOODSERVICE](#)

or

[PROCESSORLINK](#)

We hope you have a safe and restful summer break!

Team Nutrition Notes

Play, Eat, Drink, and Be Merry: How some students are doing it!



Franklin Community Middle School students have "THE FEVER". They are participating in the GameOn Challenge. Through the Challenge, the school has implemented different wellness activities for students and staff.

Last fall, teachers took their students to walk around the track in preparation for their "Walk across Johnson County" event. Students were encouraged to walk as much as possible during this time as well as walking at home with their parents. **Every student** walked during that week! As a result of this event, teachers report that 80% of their students are walking more and are walking regularly 1-2 times a week during class time.

The next big event for Franklin Community Middle School took over 6 weeks to create. All 750 middle school students were randomly chosen for volleyball teams. After practicing for weeks, students began playing one-game elimination rounds. The end result of the eliminations was one winning 7th grade team and 8th grade team. A school wide convocation was scheduled to host the winning teams' competition. To further engage students and staff, a 7th grade teaching team competed against an 8th grade teaching team to enter a final game against the winning student team. Everyone watched in excitement as the winning student team played the winning staff team. School spirit hit the roof! As one teacher stated, "One would have thought our school was playing in the NCAA Finals. A good time was had by all. In fact our school plans to make this particular activity a yearly event!"

For the final event, the students got "THE FEVER". Special guests from Indiana's Fever helped students learn basketball conditioning

and strength drills. Forward Jessica Moore, Assistant Coach Gary Kloppenburg, and Freddy Fever divided up all 750 7th and 8th grade students into teams. The students rotated through different activity stations and discussed healthy eating habits.

Not only did Franklin Community School Middle School students participate in the GameOn Challenge, but students at Rockville Jr. High were charged with the promotion of good nutrition and physical activity through their Wellness Ambassador Program created through the GameOn Challenge. Students met weekly and discussed ways to help their peers get fit. On Fridays, students would broadcast a special segment on "Rox Talks". They would discuss healthy snacks and upcoming events that students could participate in such as the school's health fair.

The health fair was designed to educate and promote healthy nutrition and physical activity habits for all middle school students. Health fair sponsors included Union Hospital, the Murphy Cancer Foundation, and Purdue Extension. Booths were set up for the students to learn stretching exercises, asthma education (with inhaler demonstrations), and diabetes education. Purdue Extension shared tips for healthy eating and provided samples of vegetables and fruits, whole grain bars, and water.

Another successful event created was a walking program. To help start the walking program, Purdue Extension donated 17 pedometers with tracking sheets. Due to the GameOn Challenge, all students can now participate in a walking program at their school.

Both the Rockville schools and Franklin Community Middle School were recipients of *GameOn* grants through USDA Team Nutrition -<http://www.a4hk.org/gotuwc/index.php>.

USDA Memos And Reauthorization

USDA has already implemented many new policies. Located below is a list of those policies that must be implemented for school year 2011-2012. If these policies affect other staff in the school corporation, please make sure that they are familiar with these policy changes. If secretaries, principals, or other staff members approve free and reduced applications, it would be important for them to know the changes to the free and reduced application process. If the food service staff work closely with business managers or treasurers, it would be important for them to know about Section 205, Equity in School Lunch Pricing Fact Sheet. Also, cafeteria managers and other food service staff would benefit from being familiar with these changes.

Memos (http://www.doe.in.gov/food/schoolnutrition/usda_policies.html)

Code	Date	Title
SP 17-2011	01/31/2011	Child Nutrition Reauthorization 2010: Categorical Eligibility to Foster Children
SP 19-2011	02/15/2011	Child Nutrition Reauthorization 2010: Privacy Protection and the Use of Social Security Numbers in the Child Nutrition Programs
Sec. 205	03/02/2011	Equity in School Lunch Pricing Fact Sheet
SP 26-2011	04/01/2011	Eligibility of Children Evacuated from Japan and Bahrain
SP 28-2011	04/12/2011	Child Nutrition Reauthorization 2010: Water Availability During National School Lunch Program Meal Service
SP 29-2011	04/14/2011	Child Nutrition Reauthorization 2010: Nutrition Requirements for Fluid Milk
SP 31-2011	04/27/2011	Frequency of Direct Certification Matching Activities Beginning in School Year 2011-2012

Schools should not implement the proposed menu planning pattern for school year 2011-2012. Schools should follow their current Food-Based Menu Planning - Traditional or Enhanced Menu Planning or the Nutrient Standard Menu Planning. The proposed menu planning pattern was published for comment in January to April, but the final menu planning pattern has not been implemented. Schools can work toward meeting the potential new menu planning pattern requirements by implementing a few changes. The changes located below are permissible under current regulations.

- Increase the minimum amounts required for fruits and vegetables and offer the vegetable subgroups
- Offer more whole grain food items so that students will begin developing a taste for whole grain rich foods
- Limit milk choices to low-fat and fat-free milk (required by SP29-2011)
- Restrict sodium by modifying product selection and recipes
- Restrict trans fat by requiring zero grams of *trans* fat per serving based on the nutrition label

As we receive more policies from USDA, the Indiana Department of Education will continue to send out e-mails and host webinars for schools. The Indiana Department of Education will continue to be available to all and any food service contacts to answer their questions or concerns. Please contact Sarah Kenworthy (Ext. 20857) at 317-232-0850, 800-537-1142, or skenworthy@doe.in.gov.

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